

PAC GENERAL MEETING
November 19, 2008

PAC Executive in Attendance Denise Hayhurst, Jane Andrew, Rhylin Bailie, Anne Deliyannides, Shannon Kaustinen, Jen Mezei, Fiona Avakumovic, Keith Chong
Regrets: Zena Kwan, Anita Gartner

Meeting Commenced 7:04 pm

APPROVAL OF THE MINUTES FROM OCTOBER 15, 2008

Denise 1st, Ann 2nd

SPEAKERS

Boy Smarts:

- Boy Smarts will be held on November 25th from 7pm until 9pm.
- So far we have 205 paid registrants for Boy Smarts.
 - 70 community members are coming to Boy Smarts.
 - 53 are friends/partners, etc. of Seaforth parents.
- So far we have collected \$870.00
- Forest Grove PAC has requested an additional 10 spots for Boy Smarts.
- Sperling PAC has asked for about 40 spots.
- Rhylin has telephoned the Burnaby Now to put an announcement in the Community Events page.
- There will be no babysitting service for this event.
- There will be a concession stand set up for Boy Smarts.

Perfectionism

- Date has been picked for the Perfectionism Seminar; it will be on Tuesday, January 27.
- Perfectionism Seminar will be about two hours long.
- It was decided that this will not be a part of the General PAC Meeting.
- May be held in the library or in the gym depending on how many people are interested in attending.
- This seminar will be free.
- **Action Item - Registration forms will be sent home in January.**

Consumerism

- This seminar is free of charge.
- May be relevant to parents with children at Seaforth.
- This seminar is geared towards children aged 9 to 14 years.

Saleema Noon

- Saleema will be talking about sexual health.
- Seminar will be two hours long.
- Saleema will be speaking with:
 - parents March 3rd
 - students March 26 and 27th

Drug Awareness

- It was decided that Seaforth should have a speaker come and talk with Seaforth parents about drugs in schools and what parents should look for.
- This seminar will be no more than one hour long.
- Perhaps will be booked in April or May.

Other Speakers

- Jen has a list from DPAC of speakers that DPAC has been compiling.
- There was a few that were of interest.
- **Action Item – Jen - Jen to bring the list to the next Executive PAC Meeting.**
- It was suggested to perhaps have another speaker come to Seaforth some time in the Spring.

DONATIONS

- **Action Item - Will solicit donations from Seaforth parents in January 2009.**
- Grade 7s do a fundraiser to collect “Coats for Kids” in December.
- Seaforth also does jingle bell walk which collects food for the Greater Vancouver Food Bank.
- Edmonds toy, clothes, etc. drive happens in the spring.

FUNDRAISING OPPORTUNITY

- It was decided by the PAC Executive as well as at the General PAC Meeting that promoting fundraising opportunities by an outside, for profit company, (i.e.: M&M Meats will donate x% of purchases made during a certain date range) will not be done through Seaforth School.
- We will, however, promote fundraising opportunities through non-profit organizations.

CPF REPORT – FIONA AVAKUMOVIC

- There will be a Public Speaking Contest for the Core French and French Immersion Students.
- Contest for the Grade 5s will be held on April 9th.
- Contest for the Grade 6s and 7s will be held on April 14th.
- Each school is encouraged to send up to three students.

BCCPAC CONFERENCE

- Conference was held on October 23 to 26th.
- Handouts on the following conferences will be in the library.
- Brief synopsis of each conference is outlined below.

Six Thinking Hats – Rhylin Bailie

- The purpose of six thinking hats is to unscramble thinking so that a thinker is able to use one thinking mode at a time - instead of trying to do everything at once.
- Seminar outlined how to approach problems from six different perspectives, i.e.:
 - White Hat – objective facts/figures/information
 - Yellow – optimistic/positive/hopeful/everything will succeed
 - Black – gloomy/negative/devils’ advocate
 - Red – emotional/angry/hunch/intuition

- Green – creativity/new ideas/movement/provocation
- Blue – organizer or leader/helping people solve a problem
- Important in a group to be able to look at each other's different ways of approaching problems and to realize that our approach isn't always the best/only way.

Screen Smart – Pia Gant

- Some statistics regarding screen time for children:
 - 48% of Canadian children aged 8 to 15 have a television in their bedroom
 - 26% of children aged 8 to 15 have a computer and internet in their bedroom
 - 10 to 16 year olds spend an average of six hours per day in front of a screen
 - on average, children are getting one hour less of sleep per day
- Children learn best interacting with people.
- How they spend their time, and with whom they share those experiences will profoundly wire their brains and shape their development.
- There are many unhealthy things available to children on the televisions, internet and through video games.
- Here are some of the concerns related to unhealthy screen time:
 - Desensitization to violence
 - Bullying and aggressive behaviour
 - Fear and anxiety
 - Drinking, drugs, smoking and gambling
 - Sexual activity
 - Poor grades and homework completion
 - Eating disorders and obesity
 - Inattention and sleeping problems
 - Anxiety and depression
- What can parents do:
 - Parents can establish screen time guidelines, i.e.:
 - ✓ Children under two years old should not be watching any television.
 - ✓ Older children should have a maximum of two hours of screen time per day.
 - ✓ Parents can sit with their children during screen time and talk about what they see, read and hear.
 - ✓ Parent can be a role model.
 - ✓ Parents can empower their children to understand media.
 - ✓ Make sure your children are watching age appropriate television programs.
 - ✓ Make sure your children are playing age appropriate video games.

Early Childhood Learning – All Day Kindergarten – Jen Mezei

- This session was not an information sharing session – was an information gathering one for the Ministry.
- Definitive plans were not discussed, and questions were not answered.
- Instead questions and comments from parents, DPACs and PACs were gathered to be taken back to the working group.
- Some areas of concern from Parent Group:
 - Space issues:

- ✓ For districts (especially in the interior) with space constraints, this was a very passionate issue. Parent groups were very opposed to the proposal in areas where infrastructure cannot currently keep up with the demand.
 - ✓ Will portables be added with the addition of potentially 30% more students?
- Resource issues:
 - ✓ Will additional resources be available?
 - ✓ Will special needs funding formula be changed.
- Logistics:
 - ✓ Additional supervisors for lunchtime?
 - ✓ Supervised lunch?
- Personal Choice:
 - ✓ Can parents send children for only half a day?
 - ✓ Can the afternoon be optional?
- Areas being “considered” and mentioned by Ministry Representatives:
 - Possibility of certified providers off-site rather than at school (more for three and four year old program).
 - Will care providers be teachers or ECE workers?

CyberSafe – Jen Mezei

- Goal of CyberSafe is to get parents engaging in the social networking aspects of the internet so they are familiar enough to set realistic controls/guidelines for their children.
- DVD is available from the PAC.
- Have an open-site policy with your children:
 - Allow them to have access to the computer with the condition that you have access to all passwords, bookmarks past history, etc.
- Have the computer in a public space. NOT the bedroom.
- Sign a contract with your children regarding computer use.
- Talk to your children about their image and how items posted online are “forever”.
- Facebook – set up account so that children can only have pictures seen by “friends”.
 - Only allow friends they have a “face-to-face” relationship with.
- Nexopia – this is not a site recommended by experts due to the ease that a stranger can access personal information.

Anxiety in Children - Jen Mezei

- Introduction to the FRIENDS for Life Program:
 - A school-based anxiety prevention and resiliency building program.
 - All children have worries and can learn to deal with anxiety better.
 - Fulfills much of Health and Career Education Curriculum.
 - We have two teachers trained in the Grade Seven Program.
 - Grade Four/Five Program also available, kindergarten to Grade Two in development.
- Causes of Anxiety:
 - Novelty
 - Unpredictably
 - Threat to ego
 - Loss of control

- Types of stress:
 - Absolute
 - Relative distress
 - Eustress (positive response to stress)
- Anxiety in development:
 - New brain development at eleven years.
 - Emergence of adolescent issues:
 - ✓ Neurological development
 - ✓ Hormonal changes
 - ✓ Extra importance of sleep and diet
 - ✓ Risk-taking behaviours
 - ✓ Learning to read social cues
 - ✓ More advanced empathy skills
 - ✓ Identity formation issues
 - ✓ Crucial friendship skills
 - ✓ Extra importance of role-models
 - ✓ Learning to compromise
 - ✓ Safety issues
 - ✓ Importance of monitoring
- Anxiety and depression vary across cultures.
- Can lead to over-anxious disorder or social anxiety disorder.
- Resource list available from PAC.

Dynamic Teams – Jane Andrew

- Jane found this seminar to be extraordinary.
- Seminar was two hours long.
- Explained what kind of leadership enables and sustains dynamic teams.
- Seminar began with an overview of provocative perspectives related to the nature of powerful teams and the organization myths and traps that sometimes restrict team potential. Then moved to an exploration of the leadership processes that can foster a culture of distributed leadership.
- Explained how our whole PAC works as a team – and how the Executive PAC is working as a subset of this team.
- Also showed how to work as a dynamic team as opposed to a dysfunctional team, by:
 - Working with conflict
 - balance between emotion and reason
 - every one on the team wants to feel they are making a difference
 - group of people will conflict if they are a group who are working on something they are passionate about
 - conflicts should be welcomed and dealt with in a constructive way
 - without conflict team can be lackluster/non thinking/doesn't go anywhere
 - introduction of different ideas and being able to incorporate the different ideas
 - Commitment to the team
 - with clear vision and clear goals a group can gain energy
 - Accountability to each other
 - a sense that you are accountable to each other

- sense of belonging in a group
- receive and give constructive criticism
- building team prodigal
- Results
 - working together as a group
 - looking at results
 - celebrate the success of the group
- Trust
 - taking the time to understand each other's story and goals
 - seek understanding of opposing perspective
 - listen deeply – focusing on what the other person is saying not other things that are going on in your mind
 - cultivate your own voice and bring to the group

Volunteers and the Law – Shannon Kaustinen

- Photocopied a guide book that references the law for volunteers, organizations and boards.
- As a volunteer you are subjected to the same laws as in the business world, i.e.:
 - Any form of discrimination can be subject to human rights tribunal.
 - We as a PAC can be subject to a contract lawsuit.
 - ✓ There is a low incident rate of suing by a contract lawsuit.

EARTHQUAKE COMMITTEE

- Earthquake container arrived yesterday afternoon.
- Seaforth is not very well prepared if a major earthquake happens.
- Communication needs to be set up so that parents would know where to pick up their children.
- In some schools full fledged plans are already in place.
- First priority for the earthquake supplies is for the students that are at Seaforth.
- Hopefully within the first two to three hours parents would pick up their children at the school.
- Students need to be accounted for and then released to their parents – these students need to be checked off of a master list.
- Tarps and tents would be set up for those children not taken home by parents. Would be more preferable if after an earthquake the school was to look for sound structures in the neighbourhood.
- Perhaps those neighbours nearby the school would be able to take in some of the children.
- Communication is also a problem during a major earthquake – lots of land lines and cell phones would not be working.
- How do we get a hold of parents to say that their child is all right – we need to train parents as to what to expect if there is an earthquake.
 - parents should not contact the school – as the school may need the phone lines to phone out
 - come and try and pick up your child if you can
 - if this is not possible then the parents needs to trust that the school will look after their child as best as they can

- Earthquake Committee has been working from a thick manual compiled from other schools and districts. However Seaforth is making our manual a bit more streamlined, and therefore much smaller.

SPIRIT DAY

- Spirit Day is April 24th.
- **Action Item - A notice will be sent out to parents after Christmas requesting speakers for Spirit Day.**
- Have had close to 140 sessions for children to choose from for Spirit Day in previous years.
- Some of the sessions from previous years were:
 - Crafts
 - Fencing
 - Juggling
 - Bike safety, etc.
- Each session lasts one hour.
- Session sizes can be very small (4 or 5 students) to very large (40 students).
- The Grad Committee has agreed to take on hot lunch for Spirit Day.

TREASURY REPORT – SHANNON KAUSTINEN

- Cash Position:

a. General Operating Account	\$ 7,497.04
b. Gaming Account	\$13,024.66
c. GIC (due November 17 th)	<u>\$15,000.00</u> (interest earned \$21.70)
d. <i>TOTAL CASH POSTION</i>	<u>\$35,521.70</u>
- Update on Donation total
 - e. To date the total is \$10,770 (previously reported \$10,400).
 - f. As of today, all funds have been issued to Seaforth
 - g. Update on stats:
 - i. 58% of families have participated (previously reported 56%).
 - ii. Average donation per child is \$37.28 (no change from previous report)
 - iii. Average donation per family is \$50.49 (no change from previous report)
- Total of Photo night(s) \$1,220. As of today, all funds have been issued to Seaforth.
- An estimated \$20,000 will be spent this year for children's activities and events at Seaforth.
- PAC operates on a break even policy with regard to money – with a small buffer stepping into the new year.
- Motion to reinvest \$15,000 for 60 days in a GIC, Jan 1st, Jan 2nd.
- **Action Item - As the PAC Executive have been quite busy lately it was suggested to start a subcommittee under the Treasury Department:**
 - **someone who has investment knowledge**
 - **Nandita Narayan has volunteered to help out with this**
- By next General PAC Meeting a final investment decision will be made, i.e. looking into putting the PAC funds into a Money Market.

PLAYGROUND

- Rachela Simon has moved on from Seaforth as her children are no longer at Seaforth.
- **Action Item – Janet - Janet Lee has volunteered to take over the playground portfolio.**

TRAFFIC AND SAFETY

- There will be a Student Appreciation Lunch on Wednesday, December 3rd at 12:00.
- This is to thank all the students who have helped out with the Traffic and Safety Committee.
- There will be:
 - pizza
 - drinks
 - cookies
 - music
 - games, etc.

HEALTH AND NUTRITION

- Adrienne Dall'Antonia is the coordinator of the Health and Nutrition Committee.
- Adrienne is always looking for members who would like to join the Health and Nutrition Committee.

HOT LUNCH COMMITTEE

- Hot Lunch Committee is doing well.

DPAC

- DPAC has been looking into having more parent education sessions, i.e.:
 - how to advocate for your child, etc.
- Next Monday at DPAC they will be discussing how schools receive a cheque and whether we would like to use that money to hold a district wide event or instead each school will keep their allotted money and bring in speakers at their own school.
- May want to consider opening up seminars that we are already hosting at Seaforth to other schools in the district.
 - **Action Item – Jen will send information on seminars that Seaforth is hosting to Keith so that Keith can send to the principals of schools that do not have a PAC in place.**
- Seaforth receives \$200.00 per year from DPAC – which we have in previous years used for coffee expenses.

JINGLE BELL WALK:

- All set for Jingle Bell Walk – do not need any assistance from the PAC Executive at this time.
- \$200 dollars has been allocated for Jingle Bell Walk.

SANTA BREAKFAST:

- Santa Breakfast has around 50 volunteers this year.

- Santa Breakfast Committee does not need any assistance from the PAC Executive at this time.
- \$2,500 has been allocated for Santa Breakfast.

COMMUNITY EVENTS

- The Burnaby Optimist Club is presenting:
 - Burnaby's Got Talent
 - ✓ For more information please visit burnabysgottalent@gmail.com.
 - Essay Contest
 - ✓ For more information please visit tcena@shaw.ca.
- The Handbell Choir is doing their own separate fundraising:
 - It will be a cookie/pie fundraiser.
 - For more information please talk with Ms. Eterman at Seaforth School.
- Capital Hill Elementary School is presenting:
 - Champions of Magic Show
 - ✓ For more information please call Capital Hill Elementary School at 604-664-8637.
- All pamphlets regarding these events will be on the PAC Bulletin Board

NEW CONSTRUCTION

- The new construction that is being done near the cross walk between Hunter and Piper is very muddy and has pools of water. This could be a safety concern when the weather gets cold as the water could freeze and become very slippery.
- It was suggested to telephone the Building Department at the City of Burnaby if you have any complaints.

NEW SIDEWALK

- New sidewalk on Piper is still blocked off.

OTHER BUSINESS

- If there is something you would like to discuss with Rhylin Bailie, PAC Chair, and don't want to discuss it during the General PAC Meeting she may be reached at chair@seaforthpac.net.

Meeting adjourned 8:32pm

Next PAC General Meeting will be in January 21st.